

# Product Information Sheet

Speciality Products

## UltraMeal™

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### Low GI Metabolic Food (Soy)

UltraMeal is a delicious, natural, powdered mix designed as nutritional support for individuals who want to improve body composition. While low in calories, UltraMeal is high in protein, vitamins and minerals, which are often deficient in many weight-loss diets. When used as part of a therapeutic lifestyle change programme, UltraMeal has been shown to reduce body fat while maintaining lean muscle mass. It can help body composition or weight management only as part of a lifestyle management programme.

#### Ingredients:

##### Each 2 scoop serving typically provides:

Calories	154 kcals
Protein	15.1 g
Total Carbohydrate	20.3 g
Simple	15.4 g
Dietary fibre	1.99 g
Oligofructose-enriched inulin	1928 mg
Fat	1.39 g
Sodium	180 mg
Potassium (citrate)	510 mg
Soy Isoflavones	17 mg
Vitamin A (as retinyl palmitate) (1750IU)	480 µg
Vitamin C (as ascorbic acid)	160 mg
Vitamin D (as cholecalciferol) (100IU)	2.5 µg
Vitamin E (as d-alpha tocopheryl acetate) (45IU)	30 mg
Vitamin B1 (as thiamin HCl)	1.1 mg
Vitamin B2 (as riboflavin)	1.4 mg
Vitamin B3 (as niacinamide)	16 mg
Vitamin B6 (as pyridoxine HCl)	2.8 mg
Vitamin B12 (as cyanocobalamin)	2.5 µg
Pantothenic acid (as d-calcium pantothenate)	6 mg
Folic acid	400 µg
Biotin	150 µg
Calcium (as citrate, phosphate)	250 mg
Iron (as fumarate)	2.8 mg
Magnesium (as citrate, oxide)	187.5 mg
Iodine (as potassium iodide)	75 µg
Zinc (as citrate)	10 mg
Copper (as gluconate)	1000 µg
Molybdenum (as sodium molybdate)	50 µg
Chromium (as picolinate)	80 µg
Selenium (as selenomethionine)	55 µg

##### Other ingredients:

Corn bran  
Guar gum  
Pure crystalline fructose  
Lecithin  
Maltodextrin  
Natural flavours  
Olive oil  
Soy fibre  
Soya protein isolate (PharmaSoy®)  
Xanthan

#### Features:

A high protein/low-glycaemic-index meal that ensures sound nutrition in the form of a convenient and delicious shake (glycemic index of 31 when referenced against glucose).

Delivers 17mg of isoflavones per serving to nutritionally support oestrogen balance.

Provides a heart-healthy source of optimal, foundation nutrition with all essential vitamins and minerals.

A dairy-free source of calcium to support bone health.

Features PharmaSoy® - a technologically advanced nutritional blend of superior non-GM soy protein, isoflavones, and dairy-free calcium.

Comprehensive Patient Guide for complete programme guidelines available on Nutri website.

Comes with a Quick Start Guide.

Available in delicious, dairy-free natural Vanilla (3505), Chocolate (3540), Mocha (3510), Country Peach (3535) and Berry (3506) flavours.

**Recommendation:** Blend, shake or briskly stir two level scoops into 8 ounces of water or juice.

Serving Size: 2 scoops (45g)

Servings Per Container: 14

**Caution:** Not recommended during pregnancy or whilst breastfeeding.  
This product contains vitamin A. Do not exceed 750µg of vitamin A (as retinol) per day if pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic.  
Not recommended for children under 12 years of age unless directed by a health care professional.

**Contains ingredients derived from:**

Soy

Nuts (mocha flavour)

Peanuts (mocha flavour)

**Product Code:** 3505

**Package Size:** 14 servings (630g)